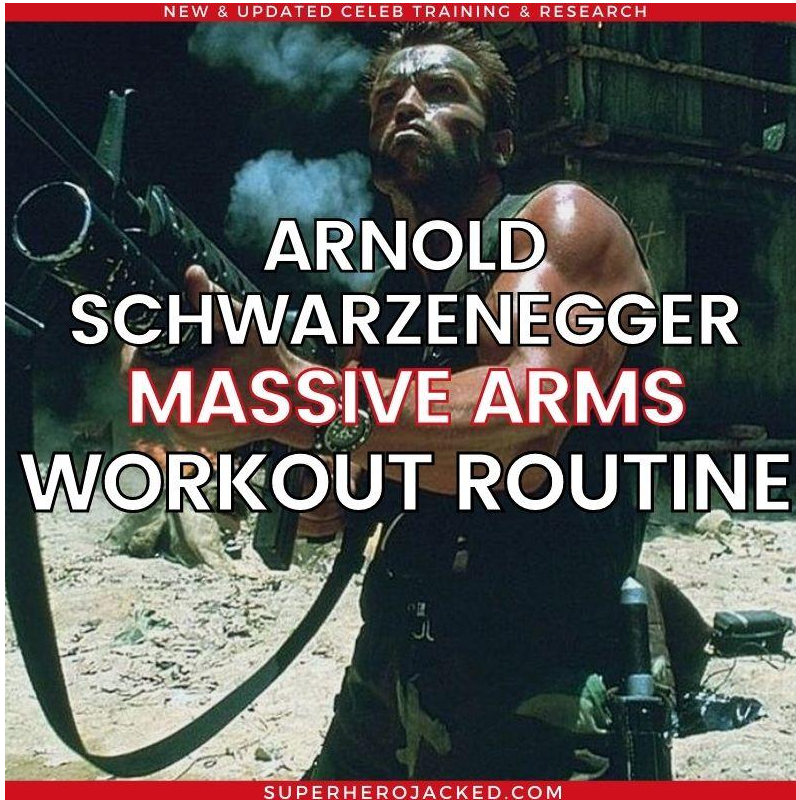


ARNOLD “ARMS” WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



Bonus PDF File
By: Mike Romaine

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The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to ensure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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ARNOLD “ARMS” WORKOUT ROUTINE

Training Volume:

One Day of Training

(To Be Repeated and Varied w/ Other Training)

Upgrade This Workout:

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & traditional pyramid training, straight sets, super sets, progressive overload and more.

Arnold Schwarzenegger Arms Workout

This workout is shared by Muscle and Fitness and Arnold Schwarzenegger.

ARNOLD SCHWARZENEGGER ARMS “OFF-SEASON” WORKOUT:

Cheating Barbell Curl

5-8 Sets X 8-12 reps

Incline Dumbbell Curl

5-8 Sets X 8-12 reps

One-Arm Concentration Curl

5 x 10

Standing Alternate Dumbbell Curl

5 x 10

ARNOLD SCHWARZENEGGER ARMS "CONTEST PREP" WORKOUT:

Superset 1

Incline Dumbbell Curl

4 sets X 8-10 reps

Tricep Pushdown

4 sets X 8-10 reps

Superset 2

Standing Alternate Dumbbell Curl

4 sets X 8-10 reps

One-Arm Overhead Extension

4 sets X 8-10 reps

Superset 3

Preacher Curl

4 sets 8-10 reps

Lying French Press

4 sets X 8-10 reps

Superset 4

Concentration Curl

4 sets X 8-10 reps

Reverse Triceps Pushup

4 sets 8-10 reps

Superset 5

Reverse Preacher Curl

4 sets X 10-12 reps

Barbell Wrist Curl

4 sets X 10-12 reps